

Persons Traveling Abroad Get Advice

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Many a prospective traveler wonders why he ever planned a foreign tour when he discovers the health hazards he is liable to encounter in some of the countries on his itinerary.

The immunizations that are

required for protection against the disease appear formidable at times, but everyone who travels is wise to obtain whatever disease protection is needed before leaving the United States.

The vaccinations that are needed depend, of course, on where the individual plans to

go. If to Canada, nothing at all is required, but when traveling in Europe, for instance, it is strongly recommended that smallpox vaccination be obtained.

While one can leave this country without it, evidence of immunity to this disease must be shown before re-entry is

permitted. This may be from a smallpox vaccination within the past three years or satisfactory evidence of a previous attack of the disease.

OWING TO the importation of smallpox to the British Isles and Germany from Pakistan during the past six months, it is advised that nonimmune persons travelling to these particular areas be vaccinated against smallpox if more than one year has elapsed since it was last received.

Smallpox was introduced to these countries by air travelers, and the ease with which diseases such as smallpox and cholera can now be spread requires additional caution both on the part of the traveler and officials of the Public Health Service.

Inoculations against poliomyelitis, tetanus, typhoid, and paratyphoid fever are also advised in the event of international travel. This is not as bad as it may sound since many persons are already vaccinated against polio and tetanus, as indeed everybody should be even if they never leave home.

CHOLERA immunization should be obtained if the tour extends to parts of Asia, including Japan, and the Philippines, as outbreaks of the disease have occurred in certain parts of the Orient during recent months. In any event, it is good protection as the disease is endemic (always present) in that part of the world.

Yellow fever is prevalent in certain parts of Central and South America, Asia, and Africa and this immunization, unlike all others which may be obtained from private physicians, is given only by the U.S. Public Health Service, Room 424, Federal Building, 312 N. Spring St., Los Angeles. Clinic hours are held daily from 1:30 to 2 p.m., Monday through Friday.

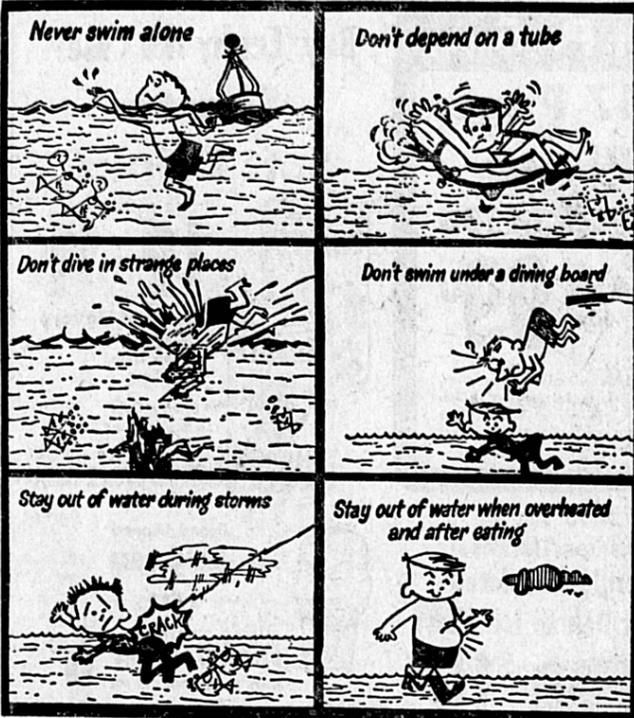
The acquiring of these immunizations takes time, since some of them consist of several injections. It is therefore advisable to allow at least a month to comfortably permit completion prior to the departure date. They are all recorded on an Immunization Certificate which is usually given to the individual when his passport is issued. The certificate must then be taken (or mailed with a return addressed envelope) to the health center that is nearest the physician's office for the official stamp of approval.

VACCINATIONS may be given concurrently or follow one after the other at the physician's discretion, with the exception of yellow fever and smallpox vaccination. These must be administered six days apart, although the order in which they are given is of no consequence.

Travelers in strange lands should also remember that sanitation standards do not always equal those found in this country. No milk should ever be consumed unless it is pasteurized, and, if the tap water is suspect, not even used to clean the teeth. Recognized and reliable brands of bottled water should be taken instead. Crowded tenements may breed rats that become infected with typhus fever, and this disease may be transmitted to sightseers by means of the rat flea.

ALL IN ALL, it seems like a very good idea to be prepared for all such health emergencies by getting the proper immunizations against them before leaving home. No holiday should ever terminate in avoidable illness.

Additional information on health hints for foreign travel will be mailed to anyone who sends a card of request to the Division of Health Education, Los Angeles County Health Department, 241 N. Figueroa St., Los Angeles 12.



SIX FOR SAFETY... These rules for swimmers are among many illustrated in "You Are the Lifeguard," new film on water safety produced by Aetna Life Affiliated Companies in cooperation with American National Red Cross. The color movie covers virtually all aspects of swimming safety, from the best way to learn how to swim to deep water rescue techniques. "You Are the Lifeguard" is available through Aetna Life for free showings before school and community groups.

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